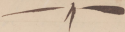


On Tobacco



1754

By George Elton  
of  
Virginia

Printed March 14<sup>th</sup>. 1823

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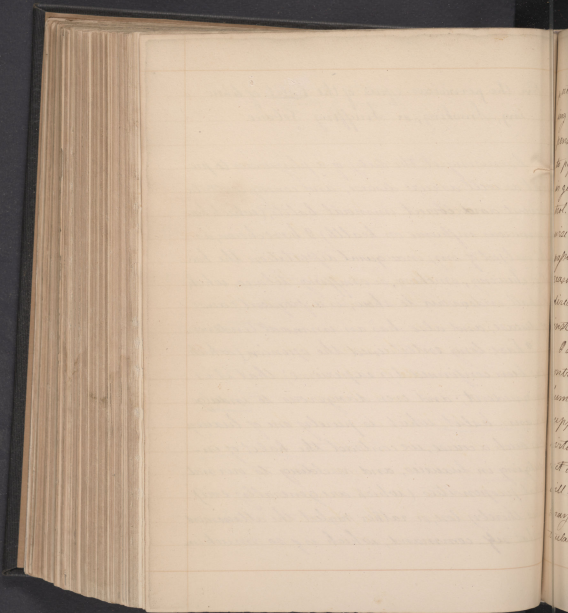
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On the pernicious effects of the habit of chew-  
ing, Smoking, or Snuffing Tobacco.

Conceiving it the duty of a physician to pre-  
vent as well as cure disease, and consequently to  
prevent and correct immoral habits, (which have  
a pernicious influence on health) I have chosen, as  
the subject of my inaugural dissertation the hab-  
it of chewing, smoking, or snuffing tobacco, which  
I shall endeavour to show, is a frequent cause  
of disease, and also has an immoral tendency.

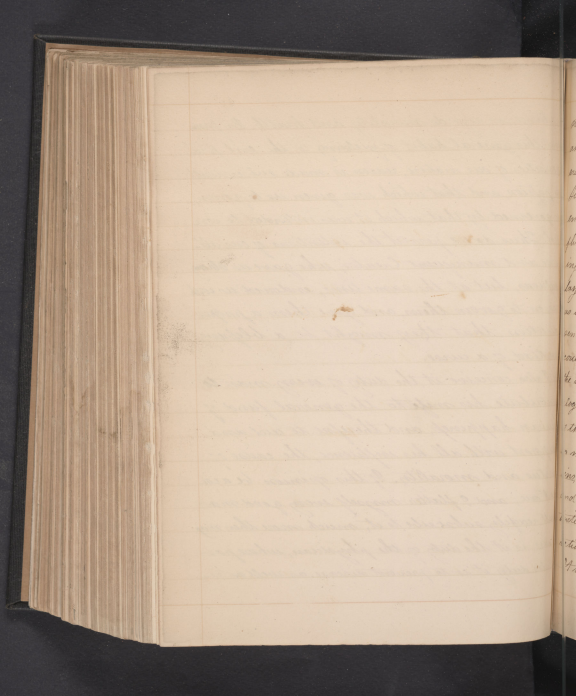
I have long entertained the opinion (which  
has been confirmed by experience) that it is  
imprudent, and even dangerous to indulge  
in any habit, which is purely one of luxury.  
By such a course, we contract the habit of in-  
dulging in luxuries, and yielding to our nat-  
ural propensities (which are generally evil)  
and thereby lose, or rather neglect the attainment  
of that self-command, which is of so much im-





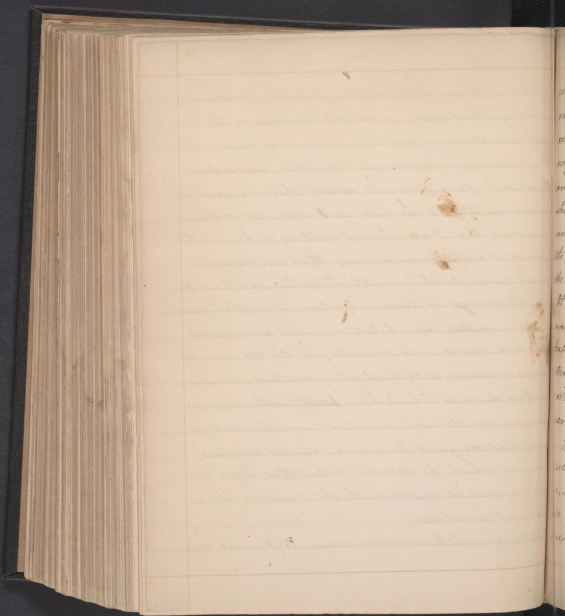
stance as regards morality and health. By forming this general habit of yielding to the evil propensities of our nature, reason is made subservient to passion, and that which was given us to govern, is governed by that which it was intended to control. Thus do we pervert the intentions of our all-wise and munificent Creator, who gave us strong passions, but at the same time, endowed us with reason to govern them, and give them a proper direction, that they might be a blessing instead of a curse.

I also conceive it the duty of every man to contribute his mite to the general fund of human happiness, and therefore to aid and support with all his influence, the cause of virtue and morality. If this opinion be a correct one, and I flatter myself every good man will readily subscribe to it, much more than may I say, is it the duty of the physician, where particular duty it is to prevent disease as well as re-



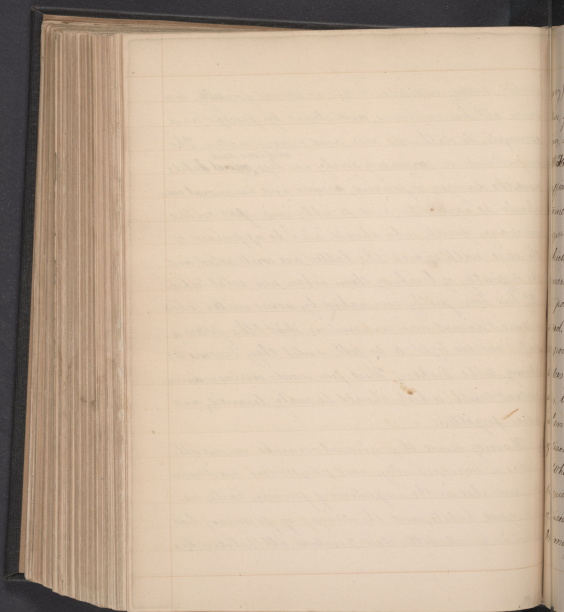
their health, for in the discharge of this particular and important duty, much will depend on the general prevalence of virtuous and moral habits. Sure no man of common observation, and experience, will, for a moment, doubt their salutary influence on health. So fully am I convinced of this influence, that I am almost willing to hazard, the laying it down as an axiom, that, in proportion as we promote the growth of virtue, shall we lessen the ravages of disease. Certain it is, that if we could completely annihilate vice and immorality, the shock would be so severely felt by the long catalogue of disease, as to hurl out of existence, many of those diseases, which have ~~been~~ justly inflicted on man as the well merited punishment for sins that disgrace him as a rational creature, and for which he deserves to lose that high distinction, and be clapped with the brute, or irrational creation.

It therefore behoves every man, but more espe-



cially, every member of the medical faculty, to ex-  
ercise all his influence, and strive by precept, and  
example, to detest vice, and ~~caress~~ <sup>instruct</sup> wisdom. The  
importance of forming early in life, <sup>virtuous and</sup> ~~moral~~ habits,  
and the danger of forming vicious and immoral ones  
should be earnestly, and forcibly impressed on the  
unwary youth, who should also be apprised of  
the ease with which the latter are contracted, and  
the difficulty of breaking them when once established.  
It has been justly remarked by some writer (whose  
name I do not now remember) that "the fetters of  
habit are too light to be felt, until they become too  
strong to be broken." These few words contain an im-  
portant truth, which should be early learned, and  
never forgotten.

Having made these general remarks on one of the  
duties of man generally, and physicians particu-  
larly, and also on the importance of forming early in  
life good habits, and the danger of forming bad  
ones (in which latter class I include all habits of dis-



any) I shall proceed to the more particular considera-  
tion, of the injurious consequences of the habit of chew-  
ing, smoking, or snuffing tobacco.

Two habits are more common than this, or more  
difficult to overcome, when once confirmed. Though ex-  
tremely disagreeable at first, yet when once we have  
acquired a taste for it, there is no luxury, with  
which we would not as soon part, as this sort of  
passive though now fascinating drug. "Every where  
its powers are felt, and its fascinations acknowl-  
edged. Like Opium it calms the agitations of our  
imperial frame, and soothes the anxieties and dis-  
turbances of the mind." But, like most articles of lux-  
ury, it is seldom used with moderation, and  
when carried to excess, becomes a frequent cause  
of disease, and should therefore be dispensed with.

When chewed or smoked to excess, tobacco, is a  
frequent cause of dyspepsia and the long train  
of diseases consequent on an impaired digestion.  
It may produce this effect in several ways.





By depriving the food of a large portion of the saliva which was intended to be taken with it into the stomach, and is very essential to its proper digestion. 2<sup>d</sup> By impairing the quality of the saliva. Being an active stimulus and acting directly on the salivary glands, it excites them to an inordination, causing them to secrete a much greater quantity of fluid, than was required of them by nature. And I think it may be laid down as a general rule, to which there are few, if any exceptions, that if by any unnatural stimulus, any gland or secreting organ is made to secrete a greater quantity of fluid than ~~it~~ was intended by nature should be secreted, when in a healthy state, the quality of that secretion will <sup>be</sup> impaired, in proportion to the increase. Nature made certain organs to perform certain offices, allowing to each a certain length of time, to perform well its own peculiar duties. Now if by the interference of art, that time be shortened, or, which is in ef-



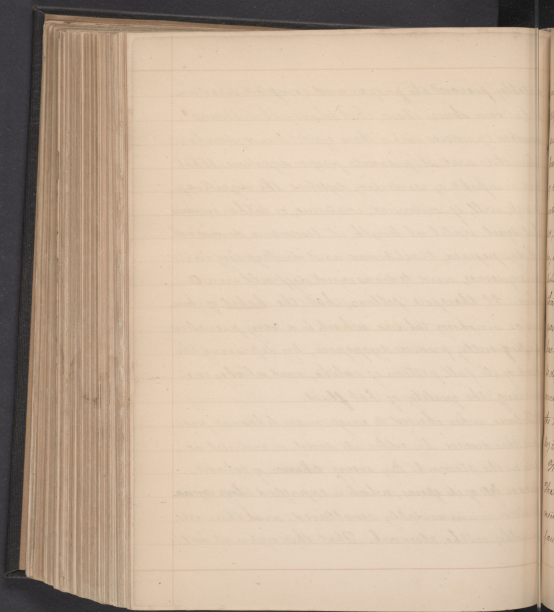
just the same, the labour to be done in said time be much increased, can it be reasonably expected, that this labour so much increased will be as well executed, as if more time had been allowed for its completion? I think it cannot. If I be correct in this, may I not conclude, that tobacco, when chewed, or smoked, impairs the quality of the saliva by causing the salivary glands to secrete, in a given time, a much greater quantity of saliva, than nature requires of them?

If then it be admitted, that the saliva, a fluid possessing certain peculiar qualities, is necessary to proper digestion, (which I believe is now denied by none) and also that the quantity must be proportioned to the demand made by the food, which demand will be regulated by its quality as well as quantity, It follows irresistibly, that whatever impairs the quality of this fluid, or deprives the food of a part of its demand, will, in-

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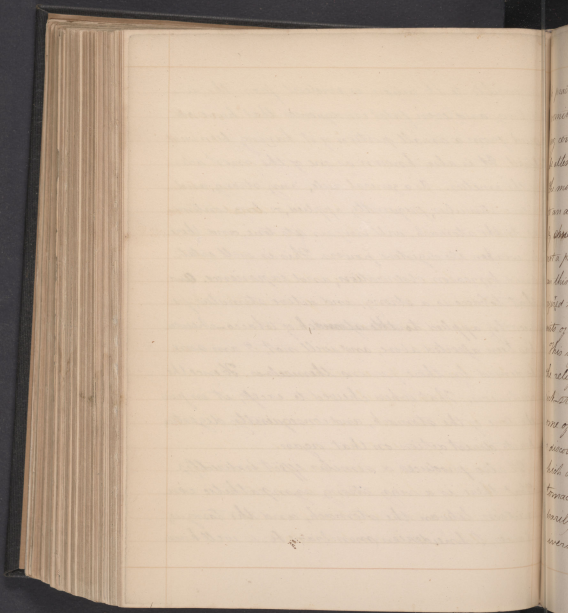
nitably, prevent its proper and complete digestion. It has been shewn above, that tobacco, when chewed or smoked, produces each of these effects. Consequently, when thus used, it prevents proper digestion. What ever is capable of rendering defective the digestive process, will, if continued, continue, or rather increase that defect, until at length, it becomes a disease called dyspepsia, troublesome and distressing in its consequences, and tedious and difficult in its cure. It therefore follows, that the habit of chewing, or smoking tobacco, which is a very prevalent one, frequently produces dyspepsia, by depriving the food of its full portion of saliva, and also by impairing the quality of that fluid.

Tobacco, when chewed to excess may likewise produce this disease, by either its direct, or indirect action on the stomach. By every ~~tobacco~~ of tobacco, more or less of its juice, which is expressed by mastication, is unavoidably swallowed, and thus acts directly on the stomach. That this organ is not



insensible to its action, is evident from the dis-  
tressing and even fatal consequences that have en-  
sued, from a small portion of it having been swal-  
lowed. It is also known as one of the most active  
of the emetics. As a general rule, any strong, and  
active stimulus, frequently applied, or long continu-  
ed, to the stomach, will impair its tone, and there-  
by weaken its digestive powers. This is well estab-  
lished by reason, observation, and experience. And  
that tobacco is a strong, and active stimulus, fre-  
quently applied, to the stomach of tobacco-chewers  
has been ascertained above, and will not, I am sure  
be denied by those persons themselves. Hence the  
conclusion, that when chewed to excess, it impairs  
the tone of the stomach, and consequently digestion  
by its direct action on that organ.

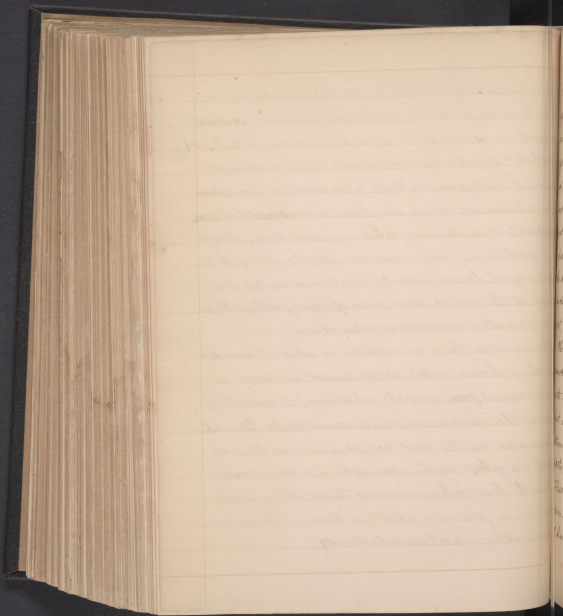
It also produces a similar effect indirectly.  
That there is a very strong sympathetic con-  
nection, between the stomach, and the tongue,  
fauces, Schneiderian membrane &c. is well known





practitioners of medicine. Nausea, and sometimes vomiting is produced by simply chewing, or smelling certain articles, as for instance, tobacco, which will be attested by all who have made the experiment. The most distressing sickness, approaching sometimes to an alarming degree, has been occasioned by merely smelling or chewing this nauseous drug, though not a particle of it was received into the stomach. How can this effect be satisfactorily explained unless it be referred to the well known laws of sympathy? It admits of no other rational explanation.

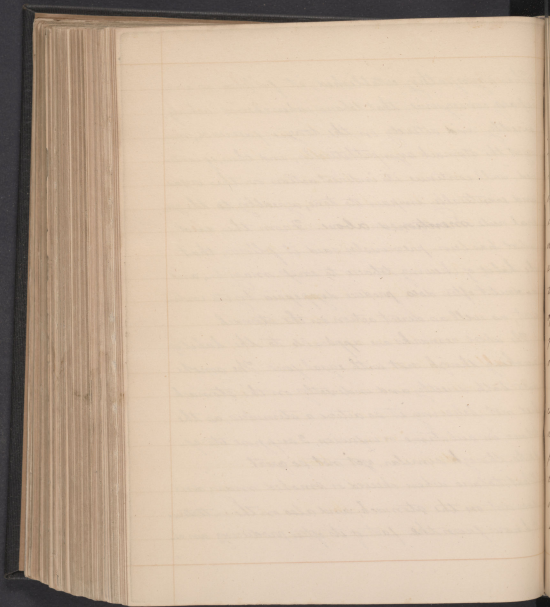
This sympathetic connection, is also shown by the relief which is often experienced in cases of sick-stomach, from merely chewing, or smelling some of the carminatives, aromatics, &c. It is also discovered in the foul tongue, and sore throat which are often symptomatic of a disordered stomach. But why consume time thus unnecessarily, in proving that which is now universally acknowledged?



This sympathy established, it follows as a necessary consequence, that tobacco when chewed, acting directly, and actively on the tongue, fauces &c, may affect the stomach sympathetically, and thus, if continued, will continue its indirect action on this organ and eventually, impair its tone, agreeably to the general rule mentioned above. From this, and what has been previously said, it follows; that the habit of chewing tobacco to excess may be, and is doubtless often does, produce dyspepsia by its indirect, as well as direct action on the stomach.

The above remarks are applicable to the habit of smoking though not with equal force. The smoke acts both directly and indirectly on the stomach, but not believing it so active a stimulus, as the tobacco in substance or infusion, I suppose its effects though similar, yet not so great.

That tobacco when chewed or smoked may, and does act on the stomach, and also on the intestines I know from the fact, of its often producing an, &c.

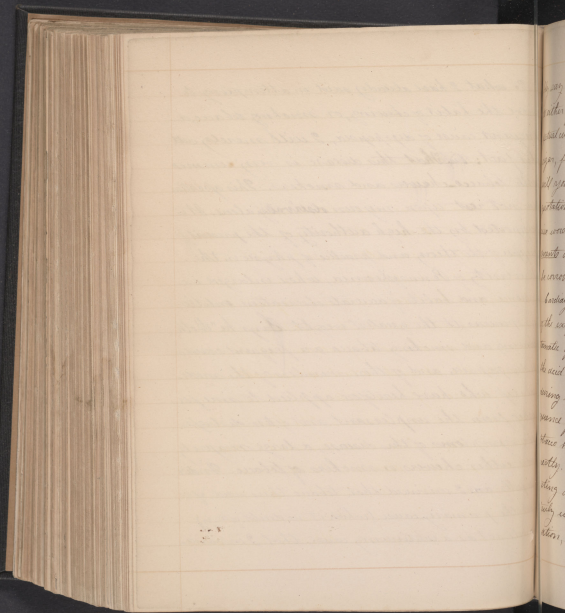


most <sup>m</sup>mediate disposition to go to stool, thus acting  
very promptly, as a mild cathartic. I am well ac-  
quainted with a young gentleman of undoubted  
oracity, who has frequently told me, he seldom or  
never smokes a cigar, that it does not almost  
immediately act in this way on him; and that  
when constive he generally resorts to this pleas-  
ant remedy, which rarely fails to have the de-  
sired effect. I have myself several times witnessed  
this effect on him, having known him, immediately  
after smoking a cigar, obliged to absent himself  
from company, to obey an urgent, and imperi-  
ous call of nature.

I have often experienced a similar effect from  
chewing, as well as smoking. With me, sickness  
at the stomach, and extreme debility, sometimes  
preceded the disposition to stool. This action of  
the tobacco on the stomach and bowels, must  
also be referred to sympathy. It is produced in too  
short a time, to admit of a different explanation.

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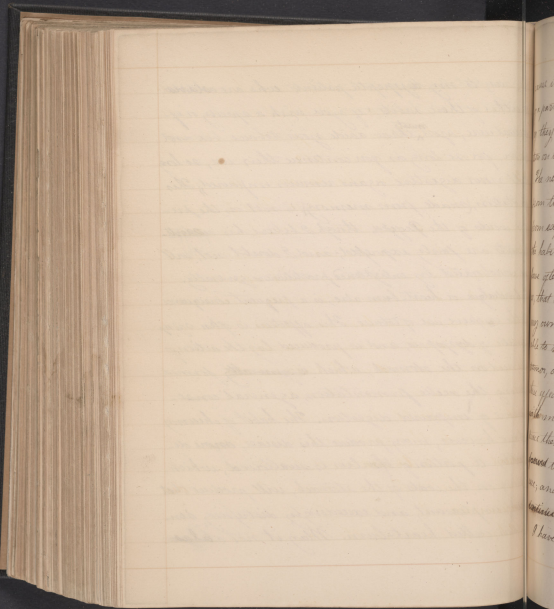
20. what I have already said in attempting to  
prove the habit of chewing, or smoking tobacco, a  
frequent cause of dyspepsia, I will merely add  
this fact: ~~viz~~ That this disease is very common  
with tobacco-chewers and smokers. This assertion  
is not rest upon my own observation alone. It is  
supported by the high authority of the present  
Professor of the theory and practice of physic in the  
University of Pennsylvania, whose enlarged ex-  
perience, and habits of accurate observation entitle  
his opinions to the greatest weight. Says he "Both  
chewing and smoking tobacco are frequent causes  
of dyspepsia, and of those members of the medi-  
cal class who have heretofore applied to me for  
relief from the unpleasant and often distress-  
ing symptoms of this disease, a large majority  
were either chewers or smokers of tobacco. Indeed  
so fully am I convinced that tobacco thus used, if not  
the primary cause (which it no doubt often is)  
will act as a continuing cause, that I invariably





My say to my dyspeptic patients who are slaves  
to either of these habits, if you wish a speedy or ef-  
fectual cure, you <sup>must</sup> throw aside your tobacco box and  
pipe, for so long as you continue their use, so long  
will your digestive organs remain impaired; This  
opinion, (made from memory) is not in the pre-  
cise words of the Papyrus, though I believe his ~~opinions~~  
are fairly expressed, and I doubt not, will  
be corroborated by enlightened practitioners generally.

Cardialgia or heart-burn also, is a frequent consequence  
of the excessive use of tobacco. This affection is often symp-  
tomatic of dyspepsia, and is produced by the action of  
the acid on the stomach, which is ~~generally~~ formed  
during the acetic fermentation, a general conse-  
quence of impaired digestion. The habit of chewing  
tobacco however, may produce this disease, more di-  
rectly. A portion of ~~tobacco~~ is swallowed, which,  
acting on the coats of the stomach, will produce that  
truly unpleasant, and exceedingly distressing sen-  
sation, called heart-burn. May it not also



cause it, by depriving the juices of the stomach  
of a part of that saliva, with which it is necessa-  
ry they should be diluted, to prevent their ac-  
tion on the coats of the stomach?

The nervous system, also, is ~~diffused~~ made to suffer  
from the excessive use of tobacco. This I know  
from experience and observation. I was ~~once~~ in  
the habit of chewing and smoking to great excess, &  
have often had my nerves so much affected by either,  
that I could with difficulty write, intelligibly,  
my own name, and have sometimes been scarcely  
able to stand, in consequence of a general nervous  
tremor, accompanied with extreme debility. That  
these effects were to be ascribed to the tobacco, there is  
with me no doubt; for I could always distinctly  
trace them to this cause, and to no other, always  
found them to be ~~increased~~ increased by its continued  
use, and generally experienced relief from ~~dis-~~  
continuing it.

I have also observed the nervous tremor, in a

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great a degree, in persons who were extremely temperate, except in the use of tobacco, ~~which~~ which they indulged freely, as I ever witnessed in the most confirmed drunkard.

I am intimately acquainted with an old gentleman, who has been all his life an example of temperance, in both eating and drinking, his diet having been almost entirely confined to milk, and his drink the pure and simple beverage of nature, having never since he was fourteen years old tasted ardent spirits of any kind, ~~not~~ never drinks even cider. He was once, however, an excessive chewer of tobacco, and has long been a great slave to the pipe, in consequence of which, his nerves are generally so much affected that it is with the utmost difficulty, he can write a word intelligibly, and sometimes can scarcely hold his pipe while smoking. He has also other nervous symptoms, particularly violent nervous headaches, to which he is very subject.

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If necessary, I could adduce many similar examples (though perhaps not quite so strong) in support of the opinion I have advanced, but as it would be an unnecessary waste of time, this shall suffice for the present.

That there is nothing unreasonable, or inexplicable in this effect, is manifest from this general law of the animal economy. viz. That any strong, active, and unnatural stimulus, frequently applied, or long continued to any part of the nervous system, will eventually extend its baneful influence throughout that system, affecting it more or less, depending on the activity of the stimulus; the frequency or long continuance of its application; as also on the idiosyncracies of the person to whom it is applied. Tobacco is a strong, active, and unnatural stimulus, which is, by chewers and smokers, frequently applied and long continued to a very sensible part of the nervous system. Consequently, when thus used, it may

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and no doubt often does produce a general derangement of that system.

The nerves may suffer in another way from the excessive use of tobacco. The general and powerful sympathetic influence of the stomach over that system, is now very generally, if not universal, by admitted. Whatever therefore sensibly affects the former, has its influence on the latter. The pernicious effects of tobacco on this organ have been shown above. Hence it follows, that when chewed or smoked to excess, it affects the nervous system sympathetically. The nerves ~~therefore~~ are affected both directly and indirectly by the habit of chewing or smoking tobacco. This habit is a very common one, consequently it is a frequent cause of nervous affections.

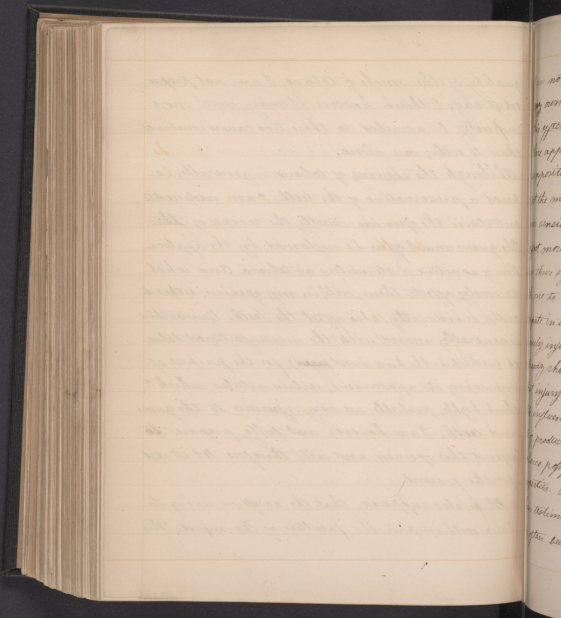
The habit of smoking is very injurious to the teeth. Of this I think there can be no doubt. We have the strongest evidences of the fact. Whether this effect is to be ascribed to the heat, or, to some peculiar

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quality of the smoke of tobacco, I am not prepared to say, I think however, it may, with more propriety, be ascribed to these two causes combined, than to either one alone.

Although the chewing of tobacco, is generally, believed a preservative of the teeth, I am induced to entertain the opinion exactly the reverse of this. The gums must often be inflamed, by the application of so active a stimulus as tobacco. And what seriously affects them, will, in my opinion, either directly or indirectly, also affect the teeth. Besides, there is generally mixed with the manufactured tobacco (which is the kind most ~~used~~), for the purpose of improving its appearance, certain articles which I think highly probable, are very injurious to the gums and teeth. I am however not fully prepared to depend this opinion, and will therefore let it rest for the present.

It is also supposed, that the excessive use of tobacco will impair the faculties of the mind, This



I am not prepared either to affirm or deny, from  
my own observation. But that it may have  
this effect I can very readily conceive, at least  
there appears to me nothing unreasonable in the  
supposition. That it does in some way or other, af-  
fect the mind, there can be no doubt. Indeed, what  
ever sensibly affects the body, must, in my opinion,  
affect more or less, the mind. So close and intimate  
are their sympathies, that it is almost impossible for  
the one to receive an injury, and the other not par-  
ticipate in it. That the health of the body is very se-  
riously injured by the excessive use of tobacco, has been  
already shown. The mind therefore must share in  
that injury. Again, all narcotics exercise a consider-  
able influence over the mind. Also, whatever is capa-  
ble of producing intoxication must act on the mind.  
Tobacco possesses both narcotic, and intoxicating  
properties. All who have used it will doubtless give  
their testimony in support of this assertion, hav-  
ing often been relieved by it from corporeal and

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mental suffering. And all of us have heard per-  
sons complain of having been made dumb by chew-  
ing and smoking tobacco. I have myself experien-  
ed this unpleasant effect more than once, I have  
also experienced its narcotic effect. It therefore  
affects the mind by both its narcotic and intoxica-  
ting properties, and like opium and ardent spirits,  
is capable of producing in it, at least a temporary  
injury. Like them also, if long continued, it may  
make that injury permanent. For whatever has the  
power of converting the natural or healthy actions or  
operations of either the mind or body, into unnatur-  
al or diseased ones, will, by the same power, if it con-  
tinues to act, so completely destroy the former, and  
firmly establish the latter, as to render the inju-  
ry thus done irreparable. From this, and what has  
been already said, it follows, that the habit of either  
chewing or smoking tobacco may, and no doubt  
often does inflict on the mind, as well as body,  
not only a temporary, but permanent injury.

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If so, then ought not this active and pernicious drug, so much in use as a luxury, be discarded? Does it not devolve on every friend to man, as he is ~~ad~~ <sup>er</sup>ed a ~~and~~ important duty, to exercise all his influence to check the excessive consumption of this valuable medicine, but much abused luxury?

All who will deliberately and impartially consider these questions, must, in my opinion, answer in the affirmative, and with me, loudly exclaim against this abuse, as an enemy to ~~human~~ <sup>human</sup> & body. Much more than, is it the duty of the Physician, whose particular duty it is, (as before observed) to prevent disease, as well as restore health, to endeavour to stop, and arrest if possible this great and increasing evil.

As yet I have said nothing of the use of tobacco in the form of snuff. It is also very objectionable in this form. Look at an excessive snuffer, and you behold strong marks of impaired digestion, and injured health. See him lean, pale, or sallow; ~~sometimes~~ <sup>sometimes</sup> debilitated.

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Interrogate him as to his health, and there will no doubt be discovered to you many other of the symptoms of depressed digestion. How does tobacco thus used produce this effect? It may produce it in several ways; 1.<sup>o</sup> Much snuff is unavoidably swallowed, by all who indulge in its use. This needs no explanation; the passage from the nose to the stomach being a very direct one. It has been shown above that tobacco frequently taken into the stomach will impair its tone. Snuff is merely tobacco in powder, consequently the habit of taking snuff impairs digestion by its direct action on the stomach.

2. The laws of sympathy may be here called to our aid. The powerful and sympathetic influence of the sense of smell, and the Schneiderian membrane, over the stomach, brain &c. which has been so satisfactorily proved by the repeated and well conducted experiments of the ingenious and indefatigable Dr. Rousseau of Philadelphia.

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phia, afford an easy and satisfactory solution of the problem before us. Snuff received into the nose makes a strong impression on the Schneiderian membrane and olfactory nerves, which impression is readily communicated to the stomach, brain, and system generally, through the medium of sympathy. Agreeably to this, and what has been previously said concerning impressions on the stomach, this conclusion may be drawn, viz. That the habit of taking snuff, when carried to an extreme, may by its ~~sympathetic~~ <sup>sympathy</sup>, as well as ~~immediate~~ action on the ~~stomach~~ impair its tone, and thus produce dyspepsia. The nervous system also, feels very sensibly, the effect of this habit.

The mind, it is thought, does not escape the prejudicial influence of this indecent habit. This, I think not improbable, and will admit of an explanation similar to that given, when treating of the effect of chewing and smoking tobacco, on the mind. I think it may also be explained in another way, viz. The strong im-

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impression which is made on the extremities of the olfactory nerves, is communicated directly to the brain, and thus by the continuance of this habit, may the functions of that organ be deranged, and consequently the mind impaired.

That the memory is weakened by this habit, we have the testimony of its votaries themselves. I remember to have seen somewhere on record, the case of an intelligent man of an exceedingly retentive memory, who became an excessive snuffer, after he had passed the meridian of life. In a few years he had the mortification to find his memory much impaired, and becoming daily less retentive. Knowing of no other cause to which he could with the same degree of propriety ascribe his loss, as to the habit in which he had so freely indulged during the few last preceding years, he determined to abandon it immediately, and accordingly did so. He was soon gratified by the return of his former strong, and retentive memory, in exchange for a troublesome and filthy habit.

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This case very clearly, and satisfactorily, proves, that  
the mind has been injured by taking snuff to excess.  
And had its ~~use~~ been continued, we may reasonably  
infer, that the injury would have continued to increase,  
until the memory would have been irrecoverably lost.  
Aware of the objection which may be here urged, to my  
drawing a general inference, from a particular fact,  
I will merely observe, that ~~the case~~ relates, though  
the strongest, is not the only one of the kind of which  
I have heard. And when in addition to this, it is re-  
called how strong is the case quoted, and also that the  
effect may be rationally explained, upon sound pa-  
thological principles, I think I shall be warranted  
in the conclusion, that the habit of snuffing tobacco  
impairs at least one of the faculties of the mind  
(the memory) and that, we may reasonably infer,  
the others do not ~~escape~~ unhurt.

It also injures the voice very much. This I have  
often observed myself, and have frequently  
heard it remarked by others. How this effect

*[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]*

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produced I know not, unless it be, by the thick-  
ening of the membrane lining the nose, which is  
no doubt, one of the consequences of the frequent and  
continued application of so active a stimulus as  
snuff, and is sufficient, of itself, to injure the voice.  
If then tobacco in this form too, injure the body,  
mind, and the voice, ought not this habit also,  
to be abandoned?

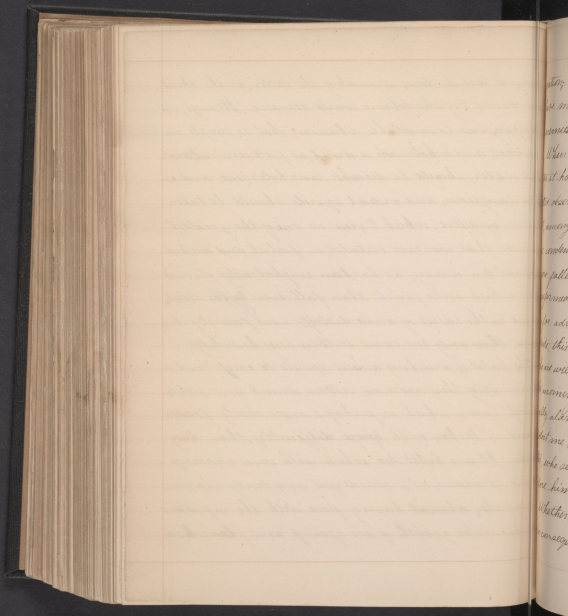
May not some of the pulmonary affections, some-  
times owe their origin to the excessive use of to-  
bacco, particularly when smoked or snuffed?

Another objection has been urged against the habit of  
drinking, and smoking tobacco, which, if well founded,  
is of itself sufficient to condemn it as immoral  
and unwholesome, and therefore ~~should~~ cause its  
speedy and immediate abandonment. The objection  
is, that it often begets the habit of drinking ardent  
spirits, by creating thirst, to quench which, recourse  
is had to a mixture of spirit and water, from a be-  
lieve that it would be injurious, and even danger-

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ing, to drink alone, as much of the latter, as the thirst  
produced by the tobacco would demand. Strange, un-  
happy, and lamentable delusion! that so simple, in-  
nocent, and wholesome a drink, as pure, unadultera-  
ted water, should be deemed unwholesome, and ev-  
en dangerous, and ardent spirits should be taken  
as its corrective, which I view as one of the greatest  
evils, that was ever entailed, on foolish, and wicked  
man. "An enemy," as has been emphatically observed,  
by which more perish, than fall even by the sword,  
and is the cause of more distress, and family dis-  
cord, than any one cause within my knowledge.

The habit of drinking ardent spirits to excess (and un-  
fortunately they are now seldom drank and not to  
excess) is one, which is, perhaps, more easily formed,  
and is broken with more difficulty, than any  
other. It is a habit too, which with us, is growing  
and spreading at a wonderful, and truly alarm-  
ing rate; almost keeping pace with the rapid and  
unexampled growth of our young and flourishing



tion; and is an internal foe, from which we  
have more to fear, than from all our foreign  
enemies combined.

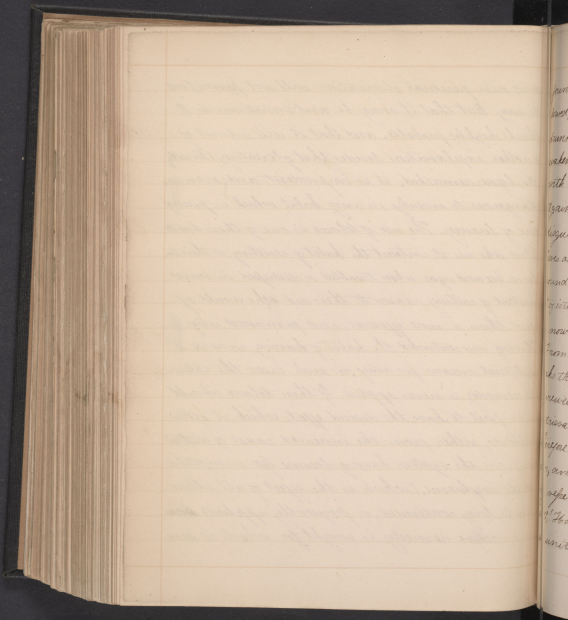
When I look around, and observe with what rapid-  
ity it has spread within the few years of my lim-  
ited observation, seeing whole families prostrated before  
it, amongst whom I behold men who but a few years a-  
go condemned the habit in practice as well as precept,  
and fallen a prey to its baneful influence, and become  
pernicious degraded sets. Others I see, who, though not  
so far advanced, are travelling with a long and rapid  
stride, this direct road to ruin, and behold very few  
who are willing to dispense with their dram or julep in  
the morning, or their grog or toddy at dinner, I become  
nearly alarmed, and am ready to cry out, Good Lord!  
protect me I pray from this hideous and frightful Mon-  
ster, who seems to be bearing down, and crushing all  
before him!

Whether this most destructive of all habits is ~~entirely~~  
a consequence of the excessive use of tobacco, or not,

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my own personal observation will not permit me to say. But that it may be, and sometimes is, I think highly probable, and that it will admit of another explanation besides that of creating thirst. As before remarked, it is imprudent and even dangerous to indulge in any habit which is purely one of luxury. The use of tobacco is one of these habits. Those who use it, contract the habit of resorting to their tobacco, tea and cigar, when troubled or distressed in mind, instead of calling reason to their aid who would afford them a more effectual, and permanent relief. By having once contracted the habit of having recourse to artificial means for relief in such cases, the rational remedy is never applied. If then tobacco should ever fail to have the desired effect, which it often will do, either from the increased cause of distress, or from the system having become less susceptible to its influence, (which is the effect of all stimulants, long continued, or frequently applied) some more active remedy is sought for, which is seen



found in the bottle. Its contents are eagerly swal-  
lowed, and soon are his troubles lulled to sleep, in  
drunken forgetfulness. A sleep from which they a-  
waken refreshed and invigorated, and again prey  
with relentless violence on their unhappy victim.  
Again does he fly for protection to the same  
disguised insidious enemy, that readily re-  
lives as before, only to make more miserable. The same  
round is repeated again and again, until the hab-  
it of intoxication is established, and this once sober man,  
is now a confirmed sot.

From observation we learn, that when once a man  
takes the bottle to drown his sorrows in, he may bid  
farewell to sobriety and morality, the ship is ir-  
retrievably lost, and must inevitably sink. Let us  
therefore beware of this shoal on which so many found-  
er, and as the Immortal Rush advised "Waste on me-  
ny rebel containing ardent spirits," "Touch not," "Taste  
not," "Handle not, Or as his able successor advises, "Let  
us unite with the moralist and divine, in dis-

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dissuaging the consumption of these baneful articles,  
if then it be our duty to discourage the habit of  
drinking ardent spirits, and the ~~habitual~~ use  
of tobacco does in any way beget this habit,  
which I have attempted to render highly probable,  
is it not also our duty to discourage its use?

By the preceding dissertation I have ~~endeavoured~~  
to prove the habit of chewing, smoking, or snuffing  
tobacco a frequent cause of disease. I have also at-  
tempted to render it highly probable, that it  
has an immoral effect. With what degree of suc-  
cess my efforts have been attended, is not for me  
to say. But of this I am well assured, that it  
is a habit, which it would be more to the interest  
of mankind to exterminate, than continue, and  
is one which should meet with the decided dis-  
approbation of men generally, and of  
Physicians particularly.

George Norton

November 1822.

